10 2025 ARTICLES about COVID's impact

01. Covid messes up your immune system

- Infection leads to dormant cancer cell proliferation and massive expansion of carcinoma cells into metastatic lesions.

JAMA news Nature news breastcancer.org

02. Covid reawakens dormant cancer cells

- Feb: 20 months post-infection, CD8 cells were still 9.9% below baseline
- June: Major review of neuroimmune mechanisms and impacts of Covid.
- Oct: Systematic comparison of immune dysregulution in Covid & HIV.

03. Prenatal exposure to Covid linked to developmental delays

- Covid's effect on the immune system is responsible for illness surges.
- Ideas aren't new, but this article communicates them to the wider medical world.

04. It's not immunity debt, it's covid injury

BMJ most-read feature in 2025

- At 6 months: 33% cognitive delays; 20% communication delays; 40% motor delays
- At 24 months: 35% cognitive delays; 64% communication delays; 57% motor delays

05. PASC is now the leading chronic health problem in children

- "Long Covid" surpasses asthma as leading chronic health problem in children.
- Symptoms vary depending on child age/development

06. Covid creates an environment conducive to tumors

- Study of hospitalized patients showed neutrophils had been changed to PMN-MDSCs, an immune profile found in cancer
- Reproduced in a lab; exposure to SARS-CoV-2 triggered conversion

07. Risk of post-acute sequelae doubles with Covid reinfection

- This includes cognitive, cardiovascular, and other organ damage, specifically in children.
- Similar to findings for adults in 2022.

08. Covid increases risk of a broad range of mental disorders.

- 40% increased risk of mental disorders after covid infection: anxiety, depressive, psychotic, PTSD, neurocognitive, dementia, etc.
- 74% increased psychotropic drug use.

09. Covid triggers acute onset neuropsychiatric effects in children

- Includes OCD, psychosis, tics, neurobehavioural and physiological symptoms.
- Treatment targets inflammation.

10. Covid infection adds ~5 years of vascular aging

- Vascular aging happens regardless of severity of acute infection.
- European Soc of Cardiologists issues cardiovascular guidance for Covid patients